

Seniors

This past year Vision was able to maintain the Wellness Centre and Day Centre with great success.

The Wellness Centre was continued throughout the last year, in collaboration with CASA. The Wellness Centre has continued to have a good number of participants with an average number of 19 seniors, participating every 2nd Wednesday, with 5 new participants signing up this year. The Wellness sessions run from 10am-2pm, and consist of games and activities followed by 30-40mins of light exercise, lunch, and finally an information session. Some of the information sessions we have held this past year were topics such as nutrition, heart and stroke, eye care, and mandates (living wills). The Wellness Centre is held in the new community centre in York which is offered to the seniors free of charge.

The Day Centre in Barachois also had a successful year. The Day Centre is provided by the CSSS Cote de Gaspé. Vision plays a supporting role by coordinating the Day Centre. The Day centre takes place every 2nd Wednesday from 9:30am-1:30pm. The Vision coordinator provides reminder phone calls to all the participants. The CSSS day centre team prepare activities and exercises for the morning portion, then after lunch the Vision coordinator provides some activities.

The Frozen Meal Program for Seniors also took place throughout the year. Vision provided assistance to CASA to ensure the continuance of the service. This service provides frozen meals to people 65 and over from the areas of Manche d'épée to Coin-du-Banc. The meals are prepared at the Douglstown Community Centre, which provides space at no charge

Youth

Vision has continued to be a part of the *Regroupement Santé Jeunesse*. This committee is made up of any community organization that works with 0-20 year olds, as well as school board members, health care workers, and representatives from the Ville de Gaspé. The goal of this committee is to identify the main priorities and to identify actions for this age group. The funding sources of Complice, Quebec en Forme, and Avenir Enfant are funneled through this committee. Vision sits on 2 sub committees as well as the board of directors.

Vision also began gardening activities with the children at Gaspé Elementary School.

CHEP

Vision, once again, participated in the Community Health Education Program. This year session were able to be held in our office thanks to our new VCN equipment. In September 2012, Vision held the CHP session for Stress Management in our office. Vision also participated

in the session entitled Sneaky Snack Attacks, and Jogging your Memory, which was also held in the Vision office.

Families

This year Vision began a program called Grandmaman Arrive / Supernanny Arrives. This program, with funding from the CRÉGIM, aims to assist parents with babies under 1 year old. The program also helps seniors to break isolation, and provides them with a chance to participate in the community. The program has a list of retired women who have received a training from the CLSC perinatal nurse, and an infant CPR training. These volunteers offer their support to parents for 2-3hrs/week for 6 weeks. The referrals generally come from the CLSC perinatal nurse, others have come from la Maison de la Famille, and still other clients phone directly to the Vision office usually because a friend has had the service and has recommended it. After a referral or phone call is received a visit is made with the coordinator and the client to ask a few questions to better understand their needs. A volunteer is then contacted to see if they are available, and they are then given the pertinent information for their client. The volunteer keeps a mileage log and after 6 weeks submits it to Vision for travel reimbursement. This is Vision's first project that involves both the English and French communities. We have had a few Francophone clients who have received the service from Anglophone volunteers, with great results. Vision also recently had a Francophone client phone and specifically request to have services from an Anglophone volunteer. Vision also held a 5 à 7 in November as a thank-you to the volunteers. The CLSC provided beautiful certificates to the volunteers. The 5 à 7 provided another great opportunity for the French and English communities to mingle, as well as for the volunteers to share their experiences so far. The clients have all expressed gratitude to their volunteers and to the service itself.